

## Shedding Outdated Beliefs

Through introspective thought, an individual gains an understanding of the underlying drives contributing to the decision-making process. The extent to which external influences shape patterns of behaviour, reflected in the actions undertaken in the physical world. Unless an individual is conscious of the real-world consequences for their actions; these decisions will continue to go unexamined. This in turn, contributes to a mindset primarily focused on the attainment of personal gain. A mindset that is devoid of empathy for others, is often the consequence of this inward focus. To liberate the mind from ingrained patterns of behaviour, only occurs once an individual outgrows certain ways of thinking. The shedding of the old, a natural part of one's inner development.

Recognizing the need to change and taking the necessary steps to actively alter behaviours that no longer serves one's greater good. Clears the way for growth to occur. The more conscious an individual is of their shortcomings; the process should prove to be less arduous. Taking the necessary steps to prevent one's quality of life from suffering, due to poor decision making. With quite reflection, challenges should stand in stark contrast to the things that bring joy to life. Once an individual decides to focus upon the things that provide a higher quality of life; the limiting beliefs associated with the behaviours of old will begin to dissolve. As the foundational beliefs associated with the old patterns of thinking, no longer have the influence they held before. This provides an avenue for new ideas to flourish.

The change of perspective provides an alternative approach to the type of life one seeks to create. The integration of innovative ideas provides a genuine opportunity to create an ideal version of life. For the more one focuses upon the things that bring a sense of joy to life. The various thoughts and behaviours that prevent this from occurring. Should indicate a necessity to change certain aspects of one's thinking. With a growing sense of awareness, necessitating a

need for change. An individual is empowered to act upon the ideas that have been suppressed. Free of the filters that have restricted one's inner voice from expressing its authentic nature. This acts as a catalyst, inspiring the individual to forge ahead with other interests.